



Tuesday, September 28, 2010 www.metronews.ca netr



Director set for oilsands visit

- James Cameron set to meet with Premier Ed Stelmach tomorrow
- Cameron has called oilsands 'black eye' for Canada, the land of his birth



Tammy Brundage finishes gassing up her SUV and pauses a moment to consider the visit of famed film director and outspoken environmental advocate James Cameron to the city where she makes her living.

"I think it's a good idea,"

Brundage, who works in the safety department at one of the oilsands companies that are the economic backbone of Fort McMurray.

"He bashed us, now he needs to come up and see that we're not as bad as he

Cameron is to drop in on Fort McMurray today for meetings with oilsands officials and a quick tour before heading to Fort Chipewyan.

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Metro's Ward profiles

Taking a look at the candidates and the issues that matter to Edmontonians in the upcoming municipal election {page 2}

What's on for this fall?

Metro looks at what's tops on the tube for the season (page 12)



Mayerthorpe men lose appeal

Lawyers argue sentences vengeful, severe {page 3}

'Tis the season for bargains

Scout around in fall for some super deals {page 22}





News on the move

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On the web at metronews.ca

Allan Small says investors have plenty to be optimistic about after the recent market breakthrough. More at metronews.ca/ investing

STEAM BRINGS OUT THE FEELINGS



The Steam of Life is a documentary dedicated to Finnish men.

n the film, you will see many naked Finnish men in saunas talking about their feelings (and drinking.) The Film Fest guide says Finnish men are "notoriously tightlipped" about their feelings. (Uh, exactly where on earth do men openly talk about their feelings? Other than rehab that it is.)

The documentary opens with a naked man giving a massage to a naked woman.

The nudity is jarring at first but that feeling fades quickly as one naked man is replaced with five naked men, then two, then three,

then one, then four, then one naked man and a bear.

The documentary is filmed primarily in saunas, which seem to be as common in Finland as liquor stores are in Edmonton.

The Finnish people seem to have an addiction to the sauna and like stoner frat boys will use any device to get their fix — there's a scene in which a man has transformed a telephone booth into a sauna.

The sauna is an interesting place: Part bath, part confessional and part

The men sit side by side and express their secret pains. One man talks about how he confronted his abusive stepfather, one man weeps about how he lost custody of his

daughter and another expresses his frustration at the way Finnish people treat Santa Claus.

Their pain is real and palpable but they don't wallow in it. After one man finishes a particularly upsetting story, the other man replies, kindly, "more steam?" as he splashes some water on the hot rocks.

The men's confessions are compelling but as the film goes on, the filmmaker has to keep upping the ante - who will have the saddest story?

And so it becomes something of an exercise in emotional sufferingporn.

Still, this documentary is the most original and REVEALING thing I've seen in a long time.

West LRT on the ninds of Ward 1 voters

Linda Sloan the incumbent Andrew Knack and Iamie Post challenging the two-term councillor

Ward 1 has a population of about 62,000 people and is a mix of newer developments in the west and older, established areas near central Edmonton.

The West Leg of the LRT is sure to be one of the top issues candidates will face when knocking on doors.

The plan is to run the train from Lewis Estates along 87 Avenue, with a at West Edmonton Mall.

From there it will run to 156 Street where it will go north and then continue downtown via Stony Plain Road.

Coun. Linda Sloan is the incumbent in the ward with Andrew Knack and Jamie Post challenging the two-term councillor.

Sloan said building the infrastructure throughout the city must continue to be a priority.

Knack said he'd like to see a balance between all modes of transportation.

The city needs more LRT lines but not at the expense of driving lanes, he said.

Post said the city should have started working on LRT expansion 30 years ago. Now that it's in the planning process, he said the LRT needs to serve the communities it runs through and council needs to hit the ground running with the conceptual planning for the expansion.

ANDREAS MORSE



















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Men 'vital' to RCMP shooting: Appeal court

▶ Justices reject arguments that appellants acted under duress ▶ Families mull Supreme Court appeal

The Alberta Court of Appeal says four Mounties probably would not have been killed in Mayerthorpe if the gunman hadn't had help from two men convicted for their role in the shootings.

The court yesterday turned down a bid by Shawn Hennessey and Dennis Cheeseman to get less prison time. The pair were sentenced to 15 years and 12 years respectively after pleading guilty to manslaughter in the March 3, 2005 deaths.

Lawyers for the two men argued that the sen-



tences were vengeful and too severe and that the men had been acting out of fear of known cop-hater

James Roszko.
In a written ruling, two
of three Alberta Court of
Appeal justices wrote that
the sentences were appropriate for the worst such

crime in Canada's history.
"Help for Roskzo was
vital. He probably could
not have performed any of
the crimes unaided," Justice Jean Cote wrote on behalf of himself and Justice
Elizabeth McFadyen.

Court heard that the two men gave Roszko a rifle and a ride back to his farm on the night constables Anthony Gordon, Brock Myrol, Leo Johnston and Peter Schiemann were gunned down. Roszko killed himself after being wounded in a shootout with another officer THE CAMADIAN PRESS

TRANSPORTATION

Weather not to blame for crash

The Transportation Safety Board says human or mechanical error will be examined after ruling out weather as a factor in an Alberta plane crash that left three people dead.

The crash happened Friday afternoon when a single-engine Cirrus SR-22 spiralled into a farm field near Sundre, killing a man from Calgary and two men from the Edmonton area.

An electronic flight information system has been recovered from the wreckage, and officials want to determine why a parachute built into the aircraft wasn't deployed.

The RCMP has not released the victims' names, but the family of Charles Matson, the Calgary owner of the plane, is asking for privacy.

Matson was once a part-owner of the Calgary Hitmen. Former NHL player Theo Fleury has issued a statement saying he feels like he's lost a brother. THE CANADIAN PRESS

Charges laid against 17-year-old

A 17-year-old alleged gang member has been charged with attempted murder and five other charges after he went on a rampage in the Samson First Nation at Hobbema Friday.

A 15-year-old boy was shot in the shoulder and several occupants of a party were sprayed with bear spray. Police are also investigating whether the suspect robbed a woman at gunpoint that same evening. • METRO EDMONTON



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Athletes arriving in Delhi — ready or not

Inside village, conditions have improved dramatically Dut workers race to finish preparations

The first wave of Canadian athletes at the troubled Commonwealth Games are arriving to "adequate" accommodations.

First to land are the flag-bearer Ken Pereira and the men's field hockey team, the women's table tennis team, several shooters, the gymnastics team and the last of the Canadian mission staff.

A team spokesman says the Canadians will stay at the athletes' village.

'All the rooms for these people are ready," said Canadian press attache Yan Huckendubler. "Now we are functioning day-byday. Every day we prepare the rooms for the athletes arriving the next day. It's really touch-and-go, but they are all staying at the

Huckendubler said the rooms are clean and outfitted with necessities.

"It's adequate," he said.
"Certainly much better than the state we found a week ago.

"It's not five-star but for athletes in competition, it is correct," he added. Alistair Whittingham,

an archer from Scotland, said conditions were better than he had expected. "I have stayed in much, much worse accommodation during tournaments elsewhere in the world."

Kenyan shot putter Agnes Flora Oluoch said her team's rooms were in good condition, but she and her fellow athletes had yet to receive keys, forcing them to leave their doors unlocked.

Juliet Acon, a Ugandan official, said her nation's delegation had been forced to live in hotels for a few days until their rooms were ready Saturday.

THE ASSOCIATED PRESS



Time to move on from stimulus: Flaherty

The federal Tories say their \$62-billion stimulus package has saved or created almost 200,000 jobs since the beginning of 2009.

In its sixth update on how well the stimulus package is working, the government says it has now committed funding to 23,000 infrastructure proj-

ects across the country.

The report says the plan is on track, and has been responsible for supporting much of Canada's recovery.

"Canada's economic action plan has helped Canada through the worst recession since the 1930s," Finance Minister Jim Flaherty said in Montreal.

Ottawa has not actually counted the jobs created by its array of programs.

Rather, in an annex in the report, the government explains that it has estimated the job creation by using a combination of mathe-



matical models and assumptions based on history.

The finance minister repeated the two-pronged message again yesterday. "The government is fo-

cused on finishing the job of implementing the economic action plan. We will also continue to monitor economic development closely and will take action as necessary to protect the economic recovery," he said.

The opposition parties,

Approximate number of projects that were

funded by the stimulus money.

as well as municipal and provincial governments, are asking Ottawa to be show some flexibility as the stimulus funding draws to a close.

Segway maker dies riding vehicle

A British businessman who owns the company that makes the two-wheeled Segway has been found dead in a river in northern England after apparently falling off a cliff on one of the vehicles, police said yesterday.

The body of Jimi Heselden, 62, and a Segway personal transporter were found in the River Wharfe and he was pronounced dead at the scene, West Yorkshire Police said.

A witness reported seeing a man fall Sunday over a nine-metre drop into the river near the village of Boston Spa.

THE ASSOCIATED PRESS

Tories win majority in N.B.

New Brunswick voters elected a sizeable Conservative majority government yesterday, throwing out Premier Shawn Graham's Liberals after a single term. The Tory Leader is David Alward. THE CANADIAN PRESS



Youth smoking still decreasing

Smoking rates appear to be on the decline among teens and young adults, according to a release from Statistics Canada

yesterday.
Data from the 2009
Canadian Tobacco Use Monitoring Survey revealed that 18 per cent of respondents aged 15 and

older reported smoking either daily or occasional-

That's unchanged from 2008, but down from 25 per cent in 1999.

The smoking rate among youth aged 15 to 19 was 13 per cent, down from 15 per cent in 2008. THE CANADIAN PRESS

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Ontario man who court heard went through fast food drive-thrus while naked and pretended to get a wallet out of his non-existent back pocket is challenging Canada's nudity laws as unconstitutional.

Brian Coldin is facing five charges for incidents near a clothing-optional resort he operates in Bracebridge, Ont., and incidents at an A&W and a Tim Hortons

The laws infringe upon charter rights and suggest that somebody in a state of undress in a changing house at a public beach could be criminally could be criminally charged, Coldin's lawyer Clayton Ruby said outside

Ruby said the laws should be struck down so Parliament can tailor them, if it so chooses, because right now they're overly broad.

witness wept while testifying about seeing Coldin nude at a drive-thru. Another wit-

"This pretty clearly limits the expression of a naturist. somebody who wants to have a relationship with the world that is without impediment." LAWYER CLAYTON RUBY

ness testified about his children being upset by seeing Coldin near his re-

But Ruby suggested no real harm came to them, as they didn't seek counselling.

"If someone's annoyed, well that's just too bad," Ruby said outside court. "That's not what the criminal law is concerned about."

In Canada it is illegal to be nude in a public place, or while on private property but exposed to public

THE CANADIAN PRESS

Is public nudity a charter right? A survival routine



Rescue holes estimated to be ready by middle of November

They get laundry service, TV, three hot meals a day and even ice cream for dessert. Everyday life for the 33 Chilean miners trapped a half-mile underground now includes some of the comforts of home — at least those that can be lowered through narrow holes.

The miners are sleeping on cots that were sent down in pieces and reassembled, and each can look forward every weekend to eight minutes of video chat time with his family using compact cameras and a phone that was disassembled to fit through the hole.

Settling in for the long wait, they've established a disciplined routine designed not only to keep them mentally and physically fit, but working to-

The plan, according to psychiatrist Alberto Iturra Benavides, is to leave them

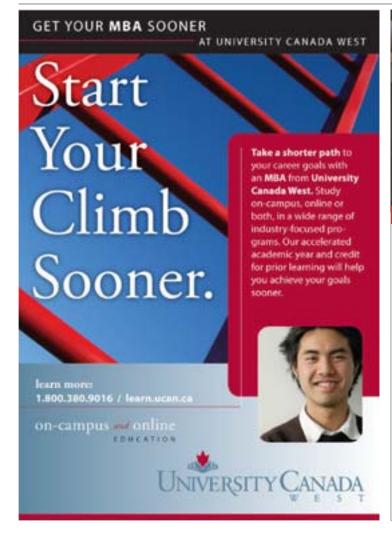
with "no possible alternative but to survive" until drillers finish rescue holes.

"Surviving means disci-pline, and keeping to a routine," Iturra said.

So when the miners do get moments to relax, they can watch television — 1̃3 hours a day, mostly news programs and action movies or comedies, whatever is available that the support team decides won't be depressing. They've seen Troy and The Curious Case of Benjamin Button with Brad Pitt and Jim Carrey's The Mask. But no intense dramas — "that would be mental cruelty," said Itur-

Sending down personal music players with head-phones and handheld video games have been ruled out, because those tend to isolate people from one another

THE ASSOCIATED PRESS





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Looking online first, buying later

Consumers use web to 'test drive' goods such as electronics, furniture, appliances and cars: StatsCan

More Canadians were using the Internet to "window shop" before buying, a trend that has increased as online shopping becomes more mainstream, says Statistics Canada.

"A lot of Canadians are going online to inform themselves and then for other reasons, they're then making the final purchase in a retail location," the agency's senior research analyst Larry McKeown said

In 2009, more than half of Canadians went online to "window shop" — to browse or research items — up from 43 per cent in 2007, the study said.

THE CANADIAN PRESS

Socialized firms

Canadian businesses are turning to social media and they want to be more than just "friends."

- One third are social. A new report by Bank of Montreal based on a survey of 427 firms indicates one in three of them are using the relatively new technology to help their businesses.
- Ideas, branding, selling. The report states that about 30 per cent of firms on social media use it to gather ideas from other people, 30 per cent to promote brand recognition, and 20 per cent to sell products.



Sharp unveils e-reader

The new tablet-style reader comes in two models: The home type, with a 10.8-inch high-resolution LCD screen; and the mobile type, with a 5.5-inch display.

RIM makes 'play' for tablet market

The Canadian company that gave us the BlackBerry thinks its business customers will have room in their briefcases for at least one more device: The Play-Book.

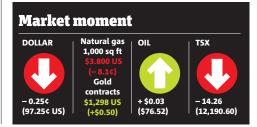
Research in Motion Ltd. showed off the tablet for the first time yesterday and is set to launch it early in 2011, with an international rollout later in the year.

The PlayBook will have a 17.8-centimetre screen, making it half the size of Apple Inc.'s iPad, and has a weight similar to the iPad's. Unlike the iPad, it will have two cameras, front and back.

The PlayBook will be able to act as a second, larg-



er screen for a BlackBerry phone, through a secure short-range wireless link. When the connection is severed no sensitive data like company emails are left on the tablet. Outside of Wi-Fi range, it will be able to pick up cellular service to access the web by linking to a BlackBerry. THE ASSOCIATED PRESS





Homeowners to get some relief, report suggests

RBC predicts short-term relief from rising costs
 But don't rush into market if unready: Credit expert

The cost of owning a home in Canada continued to climb in the second quarter, but homeowners may soon experience some temporary relief as house prices and some mortgage rates subside, according to a report released yesterday.

The RBC Economics Research report found home ownership costs continued to rise in the second quarter of 2010, eroding affordability in most markets.

"The recent decline in mortgage rates and increasing evidence that home prices have started to stabilize in many markets are



anticipated to provide some respite from the deteriorating trend in affordability in the near term; however, this is expected to prove temporary," RBC senior economist Robert Hogue wrote.

In the longer term, RBC said the trend of rising homeownership costs will return as the Bank of Canada continues hiking the key lending rate over the next year and a half, sending variable mortgage rates higher.

Variable mortgages rates go up and down with the rise and fall of commercial banks' prime rate, which is closely aligned with the Bank of Canada's policy.

THE CANADIAN PRESS

Price spike that's not so sweet

Sugar prices swept higher yesterday as traders speculated that lingering weather problems will keep global supplies tight just ahead of the holiday season in Western countries.

THE ASSOCIATED PRESS

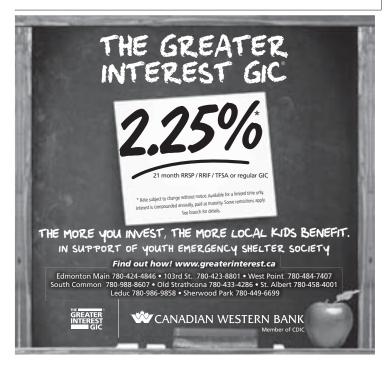
No Honda headlight probe here

Honda says a U.S. investigation into headlight problems on its subcompact Fit doesn't affect vehicles sold in Canada. The U.S. government announced last week that it was investigating complaints.

Patience on new buys: Airline CEO

Air Canada is in no rush to buy new narrow-body aircraft and will carefully study how Boeing and Airbus challenge Bombardier's new CSeries, the company's chief executive said yesterday.

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TRYING TO STAY CIVILIZED IN THE C



I'm going to let you all in on a little secret. Sometimes I purposefully hold the door-close button on the elevator.

es, even when I can hear someone coming. Because you know what — I want to ride up alone. I live on the 20somethingth floor and I don't want to have to wait for five hours while every single person in the building finds their way home.

Now you're thinking that I'm pretty rude and guessing (correctly) that I did not grow up in a small town. In fact, I spent a good number of formative years in large, dirty cities where the people are as obnoxious as the

air is polluted.

But here's my theory: It's not that city folk are rude; it's that people are rude. There are just

so many of us living, working and breathing in such close proximity in the city that you're bound to notice offensive behaviour more frequently.

In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should and always

always stand right and walk left on the escalator.

It's a lot to learn, but I like to think of myself as a master of

downtown decorum, However, every once in a while I am presented with someone who makes me question my etiquette

expertise.
You've all met

her, of course. She often shows up on a crowded bus or impolite as we might seem, subway. I'll call there is actually her questionably pregnant woman. She's usually outa strict code of conduct when it fitted in a baggy comes to urban sweater or an illliving. Walk fast, fitting ensemble that makes her tip more than look heavy around you should ..." the midsection but without the obviousness of a

baby bump

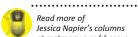
"In fact. as

Questionably pregnant woman always seems to hover directly over me on my morning commute, leering at me in my prime individual seat.

Here's the problem, if I don't give up my seat for her I'm a selfish brat. But if I do offer the seat and she's not pregnant, I'm now a bitch who's hurt her feelings by suggesting that she looks like she has a baby on

In my opinion, it's better for her to think I'm rude and unwilling to relinquish my seat than for her to spend the rest of the day fretting over her BMI.

So next time you see me firmly rooted in my plastic chair while you're standing en route just remember ... I'm actually trying to be nice.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

Examine all alternatives



Re: Buy local: At what cost? (Sept 24)

TORONTO. In his most recent column, David Descôteaux argues that buying local creates grave harm on our society by essentially eliminating the comparative advantage of nations.

He goes to some length to explain that adopting a "buy local" strategy will

hurt our pocketbooks.
In a feeble attempt to address the obvious advantages of buying local, he writes, "Buying local can, sometimes, help the environment. But its

virtues stop here."
This glib denunciation

The choice is yours



of one important tactic to protect our planet, and hence ourselves, is perplexing to most rational citizens. It is undeniably clear that our planet faces environmental distress due, in large part, to our insatiable appetites and utter disregard for how products are created and transported. This lack of forethought has

left us with a tenuous fu-

It is simply illogical to assume that current consumption patterns can sustain themselves in the long run. The choices we make, in terms of our purchases, leave future generations in dire peril. It is time to examine all available alternatives, including buying local. JIM BELO

What is your idea of a romantic date? **Email** edmontonletters @metronews.ca Twitter @metroedmonton

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Metro Minute at Mamma Mia!

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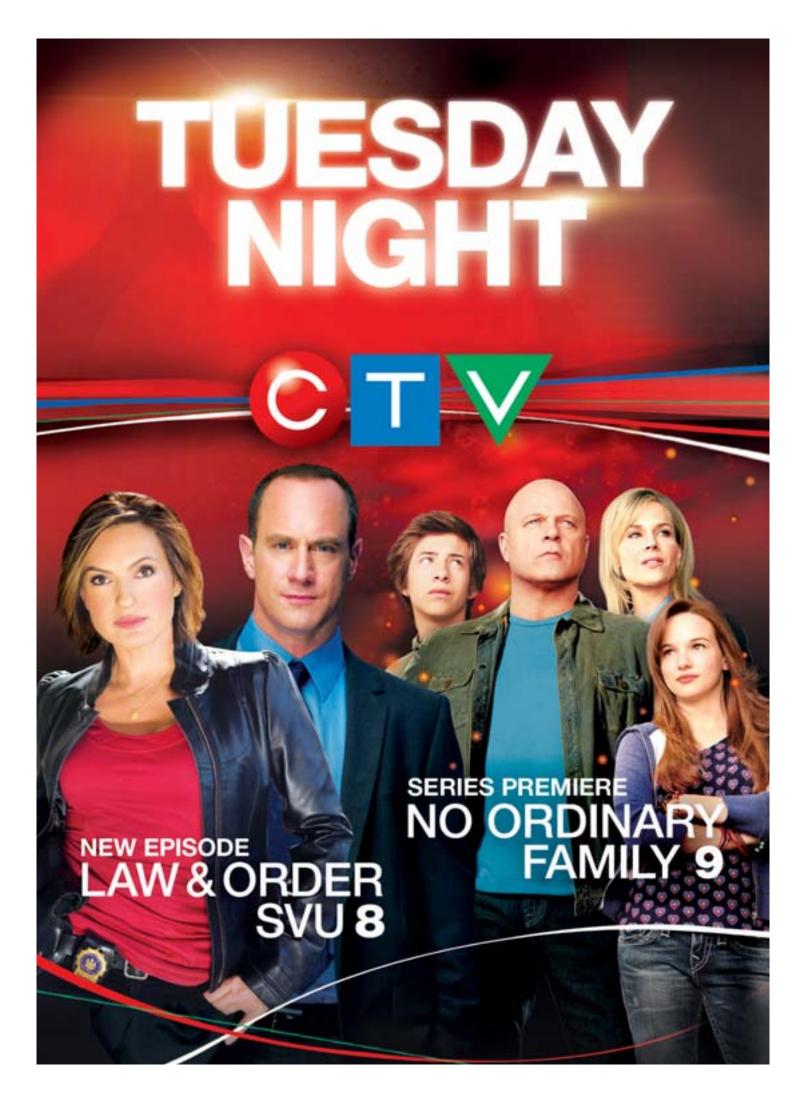
Now it's your turn to have the time of your life at this smash hit musical that combines ABBA's greatest hits, including Dancing Queen, S.O.S., Super Trouper, Take Chance On Me and The Winner Takes It All, with an enchanting tale of love, laughter and friendship.

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METRO EDMONTON











Will J.K. Rowling write another book about Harry Potter?

That's among the topics discussed on Oprah Winfrey's first interview with the author, whom she met recently in Edinburgh, Scotland. The interview will air Friday on Winfrey's tele-

vision program. Forbes magazine has ranked Rowling as one of the richest women in Britain. with an estimated wealth of \$1 billion. THE ASSOCIATED PRESS



Best new TV shows to watch this fall

Primetime is packed with new series And your DVR is already overloaded • What to make room for next to your returning favorites



Lone Star

It makes total sense that two women have fallen in love with Texas con man Robert Allen - actor James Wolk is irresistibly charming and infinitely watchable as a talented swindler struggling to break free from his dad's crooked shadow and make a go at a (relatively) honest life with both women.

"I've been in love and know what that feeling is like, so for the character, I kind of multiplied that by two," Wolk says. Despite anemic ratings in

its debut Lone Star is a show worth checking out— this critical darling airs Mondays on Global and Fox.



Boardwalk Empire

In one word: gorgeous. Creator Terence Winter and his crew including Martin Scorsese, who directed the pilot — have paid attention to sumptuous detail in this historic drama recreating Prohibition-era Atlantic City.

"Alcohol was perfectly acceptable until January 15, 1920, and the next day it's illegal; so not everybody got on board. It's as if tomorrow orange juice is outlawed - now I'm bad because I drink orange juice? The difference between

good and bad was blurred," explains Winter, who knows a thing or two about people living on the opposite side of the law - he was a writer on The Sopranos.

"Just because you're wearing a badge or you're a politician doesn't mean you're necessarily good, either," he

After strong ratings for its premiere - and a quick pickup for a second season — Boardwalk Empire continues to stroll Sundays on HBO Canada.



No Ordinary Family

If you are looking for family fare with a twist than No Ordinary Family should be up your alley. The hour-long show is a mix of comedy and drama with some science fiction thrown in.

The totally average Powell family gain special ability after a plane crash in the Amazon River. Michael Chikilis (The Shield) plays the family's patriarch Jim, a police artist who gets super strength, while his TV wife Julie Benz (Dexter) is a scientist who gets super speed. No Ordinary Family airs Tuesdays on ABC and CTV.



The Event

Is the event a military coverup? Who are those scientists? And why is the adorable Jason Ritter holding a gun? Though the pilot of this conspiracy thriller was tedious in its timeiumping structure, the final scene payoff was worth it even if it posed another headscratcher. Those who followed through will be rewarded handsomely in episode 2, promises executive producer Evan Katz.

"We're very cognizant of the audience's patience, of rewarding the audience," he says. "The show's really designed to answer questions, to satisfy people, to keep them hooked, frankly, but yet keep posing questions. We're keeping mys-

teries open, but we're solving them. And more specifically, in the second episode we are very clearly answering the two largest open questions in the pilot. The Event airs Mondays on Citvtv and NBC.



Raising Hope

Newcomer Lucas Neff is all wide-eyed innocence as a slacker who finds out he fathered a kid with a convicted killer and is determined to do right by his little airl. "You don't want to poke them or insult them or

anger them," Neff offers of the parenting motto on set. "Just make sure they eat regularly and don't sit in their own foods for too long."

It's a kooky premise that gets more absurd when you meet his blue-collar family - a chain-

smoking, maid mom (Martha Plimpton); prankster dad (Garret Dillahunt); and grandmother who apparently doesn't own a shirt (Cloris Leachman) — but it makes sense since this sitcom's from My Name is Earl creator Greg Garcia. Watch on Global

and Fox.



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Ashton, Demi not afraid to show the love

○ Couple staying strong despite rumours of Kutcher's infidelity **○** Moore gets affectionate in public with her man at house party

In the midst of allegations of his infidelity, Demi Moore and Ashton Kutcher are ramping up their public displays of affection.

While hitting up a house party recently with Moore's 16-year-old daughter, Tallulah, the couple was looking incredibly cozy, according to Us Weekly.

"At one point, Demi seemed very comfortable and sat on Ashton's lap," a source says. "Then she leaned back and was laying down all the way across his knees. She was not shy at all about being affectionate and didn't seem to care about people watching. It looked like she wanted to show everyone that they are very much together."

METRO



Lohan back in rehab

After posting bail and avoiding jail again, Lindsay Lohan is reportedly going back to rehab voluntarily in advance of her next court appearance on Oct. 22, according to People magazine. "She will step up her treatment and do more than what she was previously ordered to do," a source says. Meanwhile, Lohan spent part of her weekend volunteering at a homeless shelter. • METRO



Celebrity tweets



Jessica Alba [@jessicaalba] Purchasing new

toddler car seat for Honor. What do you all recommend?



Steve Martin [@SteveMartinToGo] So frustrating

when you have to text but you're home so you have to go get in the car and drive all the way to the left lane of the freeway.



Russell Crowe Arussellcrowe]

ing so quiet as Sunday in the bush. Think I'll crank up the 750cc ATV and go and visit



Sarah Silverman
[@SarahK-Silverman]
I'm dazzled

by even the simplest choreography.

METRO

Gaga's dress to become jerky

Lady Gaga's infamous meat dress from the MTV Video Music Awards is going to be turned into jerky, according to Popeater.

"The dress will go through a process where it becomes a sort of 'jerky,' and it will be archived," designer Franc Fernandez says. "The meat dries out, rather than rotting. But it shouldn't be worn again." After using almost 50 pounds of flank steak to create the controversial look, Fernandez says he's done with the look.

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"There's not going to be meat dresses in the future," he tells MTV. "This was made for a specific purpose. It's what it is."

Tell us what you are recording @metroedmonton PVRTweets

What is your favourite day of the week

to watch TV?

@maegmurphy WEDNESAY! glee night

#typical #sooriginal

@PrimeBane Sunday..;that's when all the great HBO and Movie Central shows are on (True Blood, Hung, Dexter, Boardwalk Empire)

@MeganBlakeley Sunday! No question!! Dexter, Boardwalk Empire. The list goes on.



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Kush



was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada. The cylindrical plastic "pillow," called The Kush, is designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts. The website also says it is useful for women recovering after breast surgery. However, after reviewing Kush's website and speaking to some colleagues, a spokesman for the Canadian Society of Plastic Surgeons said he couldn't think "of a medical or surgical advantage to using the Kush. THE CANADIAN PRESS





• Fall is looming and the clock to the winter is ticking. • How do we stay in shape when we've lost the motivation that comes hand in hand with sunny days and endless nights



Everyday things

to get back on track Start the day right. Have a breakfast that contains protein (eggs), healthy fats (nuts) and green vegetables (spinach). This will help keep you alert, burn fat throughout the day and keep hunger pangs at bay. Eat well. If we are eating well, our energy levels are high, our moods are positive and it's easier to get back into shape. Cut out all C.R.A.P (Caffeine, Refined Sugar, Alcohol, Processed foods).

Squeeze a fresh of lemon into a glass of water. It aids diges-

Running out of excuses

The days are shorter, the weather is aetting worse and we always seem to have a good excuse to avoid exercise, whether it's too wet, too cold or too windy. The truth is, there would need to be a blizzard to make exercising impossible, and for some people there is the option of the gym.

Instead of running yourself into the ground for nothing and treating exercise as a punishment, change your perspective.

Move. Spend at least 30 minutes a day doing some sort of movement or activity (running, walking, cycling).

Keep things rolling

Exercise first thing in the morning. Not only does this mean you get it out the way, it also means you will have a lot more energy throughout the rest of the day. Evenings will be dark and your energy probably sapped, so get moving as soon as you get up and get out whilst its getting lighter. This will also mean you get some sunlight first thing in the morning, which will up your mood.

Try something new. If you have spent the past year at the gym running or cycling in vain and without getting any results, then its about time you tried something new.

Give your body what it needs

One way to help improve our moods and to avoid common flu's and colds we tend to get during autumn and winter is to take a good quality fish oil an L-Glutamine. The essential fatty acids found in fish oil (specifically DHA) play a vital role in brain health and regulating our moods. L-Glutamine is a great immune system booster and helps to control sugar cravings. Mix one tablespoon into a glass of water when you wake up.

5 foods for

PUMPKINS. Loaded with carotenoids that help fight against free radicals. Pumpkin is also a remarkably rich source of iron, zinc and fibre.

APPLES. A classic when it comes to healthy eating, apples contain calcium and vitamin C, essential for healthy bones and boosting your immune system with the colder weather. Their fibre content helps maintain a healthy digestive system and they are an incredible source of anti oxidants.

PECANS. Pecans are full of heart healthy fats and are incredibly nutrient dense. They make the perfect mid morning or snack along with low GI fruits such as blueberries.

CRANBERRIES. these little berries are a fantastic source of the healthy heart antioxidant anthocyanins, the same one found in red wine and tea.

FIGS. They are a great source of fibre that will help pull toxins out of the system. They are also loaded with potassium, which has been shown to help control high blood pressure. ROMINA McGUINNESS



CONGRATULATIONS

Dr. Robert J. Bailey will be honoured for his work and support of those affected by liver disease at the Masque Gala on October 2.



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EYE HEALTH

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Start right with your child's sight

he first five years of your child's life are filled with milestones—many of them visual. As a parent, you can encourage development of good visual skills from the start, by keeping 'reach and touch' toys within your child's focusing distance (about 20 to 30 cm for infants), alternating right and left sides with each feeding, and talking to your baby as you walk around the room. Hanging a mobile above the crib or change table helps, too.

But despite parents' best efforts, an estimated 10 per cent of children still start school with a vision problem. This is why the Canadian Association of Optometrists recommends children have their first eye examination at only six months of age.

This eye exam goes far beyond a sight test. It includes a review of your child's health and vision history; rules out ocular diseases; and tests for visual acuity, refractive errors, nearand farsightedness, astigmatism, crossed-eyes, eye coordination, focusing ability, eye movement control, depth perception, and colour vision. If no problems are detected, your child should be examined again after age three.

AMBLYOPIA

One of your optometrist's main concerns will be amblyopia ('lazy eye'), a condition affecting two to four per cent of children. Amblyopia occurs when the vision in one of your child's eyes is blurred. Over time, this eye becomes underused. Treating amblyopia typically involves placing a patch in front of the child's good eye, stimulating use of the weak eye and making it stronger. The earlier it is diagnosed, the greater the chance for a complete recovery. If patching is poorly tolerated, or unsuccessful, prescription eye drops may be used to temporarily blur vision in the good eye. Corrective lenses may also be necessary.

What are you staring at?

Desktops, laptops, PDAs—you rarely go a day without staring at a screen of some kind, often for a bit too long. Fortunately, a few changes to your viewing routine can minimize eye strain while allowing you to finish whatever work (or play) that needs to get done.

Most people blink about half as often while looking at a computer screen as they would otherwise. This causes their eyes to dry out quickly. Make sure to use artificial tears or gels to prevent dryness, or better yet, adopt the '20-20-20 rule': every 20 minutes, take a 20second break from your computer screen and focus your eyes on something at least 20 ft

Correct positioning of your computer, keyboard, and typing copy is essential too. Your screen should be positioned about an arm's length from your eyes and 20 degrees below

Glare is another serious cause of eye strain. Employ diffuse, not direct, room lighting to reduce glare. Consider an internal or external glare screen to reduce it even more. Don't forget to set your colour, contrast, and brightness to the proper levels as well.

When it comes to your eyesight, smaller isn't always better. Many people strain to see the tiny text and images displayed on their PDAs, cell phones, and other handheld digital devices. These screens may also be quite dim. As with larger screens, the key is to limit use, take frequent breaks, and remember to blink. Computer-related eye strain can be especially bad if you have pre-existing vision problems. If you're near- or far-sighted, have an astigmatism, or wear bifocals, trifocals, or progressive lenses, your eyes may have to work harder to maintain a clear image on the screen. Following a thorough (and painless) eye exam, your optometrist can advise you on the safest, most comfortable ways to work and play in front of the computer. And if you wear glasses, don't forget to ask about lenses designed specifically for heavy computer users.



Assessing your child's vision

Children rarely complain of vision problems, in part because they assume everyone sees the way they do. In between regular eye health check-ups, watch for these signs of potential problems:

- Turning or tilting of the head to use only one eye
- Red, itchy, or watery eyes
- Frequent headaches
- Academic performance below your child's potential
- Avoidance of close work; dislike of reading
 Holding reading material closer than usual; omitting or confusing small words; using a finger to maintain one's place on the page; making frequent reversals when reading or writing

Finally, don't assume your child sees well just because he or she can pass a vision screening with a 20/20 score. This only means your child can see at 20 feet what she or he should be able to. It is not a guarantee your child's eyes are healthy and disease free.



Healthy eyes are important to you Your contact lens solution should be too

"I can't afford to take chances with the health of my eyes or the productivity of my day



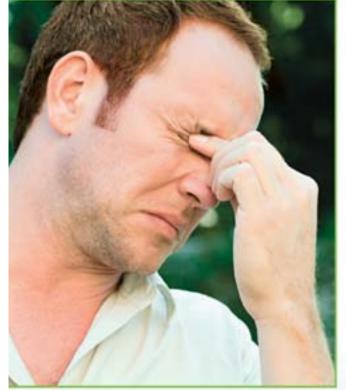
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Eye safety begins at Home

our home may be your castle, but that's no excuse to be careless. Do you put your eyes at risk every day, without even knowing it? Here's where you can find out.

In the kitchen, use a grease shield to prevent hot liquids from hitting your eyes. Point spray nozzles away from your face, and don't forget to aim that champagne bottle in a direction other than yours. When it's time to clean up, remember to wash your hands thoroughly after using any harsh chemicals and wear goggles if necessary. Should a chemical splash in your eye, immediately flush it with water, or any drinkable liquid. Hold the eye open if necessary, continue flushing for 15 minutes, then seek medical attention

If you have a workshop in your garage or elsewhere, be careful of flying debris when using tools. If something does get in your eye, don't rub it. Try blinking the object out, hold your eyelid open to stimulate tearing, or flush with water



Your garden can be another source of trouble. Make sure to trim (or at least duck) any low-hanging branches on your property. Pick up rocks and stones before mowing your lawn, and if using pesticide sprays, keep them pointed toward the ground.

Car maintenance carries its share of risks too—never have a lit cigarette in your mouth when opening the hood. Use a flashlight, not a match or lighter, to peek inside. Be wary of spraying air conditioner fluid and if jump-starting the car, don't lean over the battery while attaching cables. Wear goggles when performing body work; in fact, keep a pair in the car at all times. And remember: contact lenses are no substitute for proper protective eyewear.

Keep an eye out... for yourself

Remember when your mom or dad took you to the eye doctor? Maybe not—it probably didn't happen too often. But when it did, you can bet it was important.

Now you're on your own.
Your parents don't make the
rules, you do. And your parents
don't book your appointments anymore, either. If you've
got a vision problem, it's up to you to recognize it, and
seek out an optometrist for help.



Ironically, vision problems can be hard to spot. We spend so much time in front of computer screens and stay up so late that fatigue and eye strain seem like credible explanations for everything. But sometimes, there's more going on. Here's just a few of the symptoms an optometrist would want to know about:

- Sudden spots, flashes of light; wavy or watery vision; blurry faces; haloes around lights; double vision.
- Shadows; black spots or blurriness in central or peripheral (side) vision.
- Changes in colour vision.
- Decreased vision in one or both eyes.

Since you're getting older, you may be at increased risk for Hyperopia (farsightedness). Although less common than Myopia (nearsightedness), Hyperopia becomes more prevalent the older you get. So does astigmatism, which can cause headaches and blurred vision at all distances. If you're diabetic, of African or Hispanic descent, have a family history of vision trouble or a previous eye injury, problems are more likely. Your optometrist can fill in the blanks.

But let's say you feel fine. You've still got to go for a checkup once in a while, right? That's what we grown-ups do. If you're under 64 and things are good, you should make an optometrist appointment every two years. And then, get back to the rest of your life.

Have you been framed?

It's as plain as the look on thousands of faces, city-wide: Retro glasses are in.

"People want to be seen," says Nellie Chung, president of Novus Optical, in Toronto. "They're buying thick frames in bright, bold colours—glasses you can't miss. Many are mixing and matching frames and arms of different colours, making them stand out even more."

Consumers, it seems, don't want subtlety in their eyewear. They want frames that speak loudly about their personalities, marking them as individuals. Nerds are cool, don't you know? But some people see things differently.

"Our senior customers aren't as interested," explains Chung. "They can find heavy eyewear uncomfortable; plus, the thicker frames can make them look pale. For them, rimless glasses are a much hotter item."



Dropping out? You don't have to be a statistic.

If you need corrective eyewear, chances are you've considered contact lenses. After all, the 'clean look' will always be in. But not all Canadians stick with contact lenses over time. They're the 'dropouts'—men and women forced to give up their contacts due to discomfort. Fortunately, modern research has yielded new solutions, making monthly contact lens-wear a better balance of form and function

Discomfort is often caused by dry patches and deposits, which can develop on the surface of your contact lens and lead to gritty sensations and itching. Their interaction with tear proteins can make the lens dirty, too. The key to eliminating this source of discomfort is establishing long-lasting moisture for your lens. Soaking your contacts in a solution such as OPTI-FREE RepleniSH keeps your lenses moisturized, clean, and comfortable throughout the day.





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A rustic, hearty dish for the brisk fall weather



This rustic and hearty soup with potatoes and wild mushrooms is a quick and delicious autumn dish to warm tummies evening.

Preparation:

- In a soup pot or large saucepan, heat butter over medium-high heat and cook onion, mushrooms, garlic, sage, salt and pepper for about 10 minutes or until it is beginning to become golden and onion is softened.
- Add frozen potatoes to pot and stir to coat with mixture. Add wine; stir and cook until wine has evaporated. Add broth and bring to a boil. Cover and simmer for about 10 minutes or until potatoes are very tender. Stir in parsley and hot pepper sauce.

Ingredients:

- 30 ml (2 tbsp) butter
- 1 onion, chopped • 500 q (1 lb) wild mushrooms (such as shiitake or oyster), thinly sliced
- 4 cloves garlic, minced
- 15 ml (1 tbsp) chopped fresh sage or thyme or 5 ml (1 tsp) dried
- 1 ml (1/4 tsp) salt and
- pepper
 1 bag (750 g) frozen potato chunks
- 125 ml (1/2 cup) dry white wine
- 1.25 l (5 cups) vegetable or chicken broth
- 50 ml (1/4 cup) chopped fresh parsley • 5 ml (1 tsp) hot pepper
- sauce
- 125 ml (1/2 cup) shredded Asiago cheese (optional)
- Ladle into soup bowls and sprinkle with cheese, if using. Makes 6 to 8 servinas. THE ASSOCIATED PRESS

Liquid assets

Any time for white wine



PETER ROCKWELL

One of the many, many old wives tales about wine is that for some reason white wines take a back seat to reds when fall arrives. Maybe it has something to do with that "no white pants after Labour Day" mantra people way more fashionable than me mumble to themselves this time

of year. While a slight chill in the air and the rustic aromas of leaves dying may sug-gest a red wine vibe, I'm going on record saying that every day is a good day to drink white. The weight of an oaky chardonnay certainly works with all four seapush the versatility of German riesling.

Soft, slightly sweet (in a juicy apple fruit sense) and undeniably gulpable the Schmitt Söhne 2009 Relax Riesling (\$11.95 -\$13.13) is a, well, relaxing wine perfect for fall. Try matching it with a Thai or spicy Szechuan dish

Prices reflect the range across the country. Some products may not be availin able a11 provinces. Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for some-thing to fill his glass and put into words

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COUPLE MADE AN INSTANT CONNECTION ON FIRST DATE

How We Met: Dragan & Margarita

Names: Dragan, 30, and Margarita, 25

Hometown: Stoney Creek, Ont., and Toronto

Together since: February 2010

Their story:

"Just when I (Margarita) was about to give up on online dating — thanks to MANY disappointing dates — I received a message



from Dragan.

"The outdoorsy photos on his profile really caught my attention. After just a few chats, I asked if he wanted to talk on the phone.

"He passed my 'phone test' brilliantly by calling right away and suggesting we meet in person.

"On our first date, we went out for drinks and nachos, and we had a great time playing a question and answer game to learn more about each other. There was instant chem-

istry between us. For the first time in months, a first date was exciting again!

"Soon after, we took our first trip together to New York City — and proclaimed our love to each other on the way back to Toronto. We love spending our weekends together — rollerblading, cooking, going out or just cutting the lawn. I couldn't have dreamt of having such a perfect life companion: Dragan is loyal, smart, active and hardworking. I can say with a confidence that I found 'the one'.

"Finding love online is possible. Maybe kissing a few frogs is worth it in the end!"

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Splitting up can be good to do ... on vacation

It's a common dilemma for travelling couples: one wants to stay at the museum, the other would rather go to the beach, the hotel, the cafe, basically anyplace else. What to do?

A recent post to Fodor's online Europe forum was titled: My husband spends too long at each tourist attraction.

"I guess my husband and I are not travel compatible,"

wrote WorldTraveler1024. "I like travel but get so frustrated with him when we visit museums, historic and scenic sites. For example, he will go into a museum or an art gallery and insist that we spend basically the entire day there. After three or four hours I am getting bored and ready to move on to the next attraction but he is just getting started ... Finally we leave

and I am so happy to get out of the place and he feels like he was being rushed!"

That prompted numerous replies. Here's a sampling, offered in case any of the advice proves useful to others:

— My husband is like yours, he has to read every label, see every exhibit, microscopically inspect every display. Luckily he is not overly keen on most muse-

ums, or on cities, but he is a pain when we do visit one.

— My husband and I split up sometimes. I go shopping or take a tour, he hits the casino or the pub. After a big fight on our first trip to Europe, we figured out we don't need to be joined at the hip.

 My wife reads every description including how to use the fire extinguisher.
 THE CANADIAN PRESS

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Make your holiday dreams come true.

Pay yourself first and get away soon.



Maria Contreras RBC Royal Bank® Product Manager, Savings Accounts

The sun, sand and surf or a clean air nature adventure. We all dream of taking time out to rest and recharge. Well, you can make that dream a reality, and it's easier than you think. It simply calls for the right plan – one built around paying yourself first without feeling the

pinch. Start by determining three things:

Where do you want to go? In

other words,
decide what kind
of adventure
you want to save
for. A romantic
getaway? A
sightseeing road
trip with your
family? A long
weekend that's
all relaxation?
Wherever
and whatever

you decide is entirely up to you, because, after all, this is about rewarding yourself with an escape you'll never forget.

When do you want to go there? Is it

six months from now? A year? Once you've figured out where you want

to go and for how long, you'll have a better idea how much to save each week or month. But what if saving, say, \$25 a week for the next year seems unrealistic?

Where can you find extra funds?

What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll see a few items you can save on. For instance, one less latte or

takeout lunch could save you \$5 a day. That's \$25 each workweek or \$1,300 a year – it adds up fast!

Don't you deserve to pay yourself first?

Sure, spending a little less every day can help. But, most importantly, set up a separate, dedicated savings account

with automatic online transfers right after you get your paycheque – that way you'll always make sure to put aside funds you need to help reach your goal, right from the start.

So get on your way to getting away. And start saving for it, today.

'Tis the season to get great deals

◆ Alison's seasonal money rule ◆ Nothing beats the fall for dollar stretching opportunities

ON MONEY

MONEY@METRONEWS.CA



Fall is a wonderful time to enjoy hiking, biking, gardening and cooking with the wealth of

seasonal produce now available. It's also a great time to stretch your dollar by shopping for supplies to do all of the above.

My shopping goal this fall is a bicycle. My 35 year old (yes, you read it right) road bike, an original Apollo Mark IV, met its end in a repair shop whose owners scuttled away in the middle of the night taking my

beloved steed with them.
Now my mourning period is over I need to get back in the saddle and, fortunately, deals abound as the season winds down. Expect to save 20 to 30 per cent or more on bikes at most price levels.

Here are some other items that are a fall shopper's delight:

Al Fresco: Forget BBQs, instead look for reductions on patio furniture and everything to do with dining in the great outdoors. Selection can be sketchy but the trend today is mix and match.

RVs: If you are thinking about RV ing next summer or want to upgrade from a tent, you'll find an array of mark downs especially on motorhomes.

Holiday gifts: Small decor items, candles, tableware and paper products that smack of summer can be 50 per cent off or more at this time of year but they are a delight to receive in the depths of winter.

Clothes: Fall into winter. Lots of clothing items that come out in mid-August for the fall will start being reduced in a couple of weeks to make room for winter fashions. Most fall pieces will work brilliantly right through the winter.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQU MINIMUM ACCOUNT BALAN

Perennials: Even though fall is absolutely the best time to plant shrubs, trees and flowers, the garden centres are forced to reduce prices drastically to clear out stock.

Downtown shopping:
There are excellent buys in cities. Check out the tourism website of your favourite urban spot and look for packages that combine hotel, entertainment and dining.

Fun and Frugal LESLEY SCORGIE



LOYALTY CAN PAY OFF

ccording to Canadaloyalty.com, the average Canadian consumer carries six different loyalty cards in the hopes of saving money or getting free stuff. The purpose of a loyalty program is to

persuade you to change your buying behaviour — consume more than you would in the absence of a program, and ideally from the same vendor. It's tempting to turn ordinary purchases of groceries, fuel or shoes into something of value — free hotels and flights. Howev-

er, these programs can be

complex and may trick a savvy buyer into overbuying and overspending. Everyone loves free rewards, but not at the expense of your financial plan.

It only makes sense to join a loyalty program if you're already a loyal shopper, thus it's meaningful and you earn rewards for purchases you'd otherwise have made. For most Canadians, this means accumulating credit card or airline points.

But remember: Rewards shouldn't drive your purchase decisions. Good financial planning should; have only one or two credit cards and avoid carrying a balance.

Does the purchase help build your net worth? If it doesn't, think again.

4 SIMPLE STEPS

 Decide where you want to go and a realistic time line to save the funds to get there

you're spending and where

transfers to pay yourself first, right after payday

Need more tips and advice to

help you reach your savings goal?

Visit rbc.com/adviceedm

you can save

3. Open a dedicated

savings account

4. Set up automatic online



PARK YOUR CHIP CARD HERE.

If you have a chip card, insert it in the terminal first. You'll avoid an unnecessary swipe of the card, and reduce the chance of fraud. If the terminal doesn't accept chip, you will be prompted to swipe your card. We remind you to always protect your PIN. In the unlikely event you do experience fraud, count on Total Loss Protection*. So insert your chip, and pay easy.



For 25 years, proudly Canadian. 🍁

sports

Quoted

"I don't want to

keep harping

about what

people have said

about me. But

personally, I'm

motivated by

what has gone

on this

summer."

LEBRON IAMES, ON THE

HOSTILE REACTION TO HIS

Packers pay for mistakes vs. Bears

Chicago improves to 3-0 by taking advantage of 17 Green Bay penalties

Still doubting the Bears?

Jay Cutler threw for 221 yards, Brian Urlacher forced a key fumble and Urlacher Chicago took advantage of team-record-tying 17 penalties by the Packers to beat Green Bay 20-17 last

Robbie Gould won it with a 19-yard field goal with four seconds left. The Packers' James Jones lost a fumble on a hit by Urlacher in the final minutes. Then Morgan Burnett was called for pass interference on Earl Bennett, setting up the winning kick.

Chicago is 3-0 and alone atop the NFC North. The Packers fell to 2-1.

"It's fun, that is all you can ask for," Cutler said. "The defence did a great job, we struggled the whole game, felt like we kind of were killing ourselves.'

The Bears kept insisting they were contenders through a sloppy pre-season and less-than-inspiring opening win over Detroit. Since then, they turned heads with a win at Dallas last week, and stamped themselves as contenders by beating Green Bay — with lots of help from the Packers.

The Bears had tied it at 17 on a 25-yard field goal by Gould when Urlacher jarred the ball out of Jones' hands after the receiver caught a pass from Aaron Rodgers near midfield. Tim Jennings recovered, giving



Chicago the ball on the Packers 46 with 2:18 remaining.

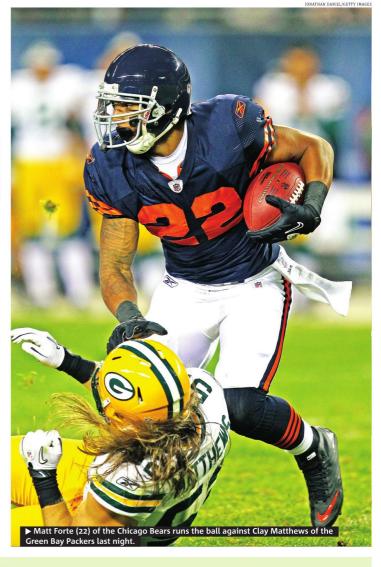
after, Soon another penalty cost the Packers in a big way.

On second down at the 33, Cutler tried to hit Bennett deep along the right sideline and Burnett basically hammered him, wiping out an interception by Nick Collins and putting the ball at the nine-yard

Three plays later, Chicago walked away with a wild win and the only undefeated record in the NFC

Devin Hester delivered his first touchdown return in three years when he ran back a punt 62 yards in the fourth quarter, giving the Bears a short-lived 14-10

Rodgers threw for 316 yards and a touchdown and also scored on a three-vard run that gave the Packers a 17-14 lead in the fourth quarter.
THE ASSOCIATED PRESS





ports in brief



Famed NFLer **Blanda dies**

NFL. George Blanda, the seemingly ageless Hall of Fame quarterback and kicker whose 26-year career was best remembered for a remarkable run of lategame theatrics with the Oakland Raiders, has died. He was 83 THE ASSOCIATED PRESS

Buffalo cuts Edwards loose

NFL. The Buffalo Bills have released quarterback Trent Edwards in a surprise move that came a week after he lost the starting job for a second straight season.

The team announced the move in a twoparagraph release yesterday, a day after Ryan

Fitzpatrick provided the offence with a spark in a 38-30 loss at New England.

THE ASSOCIATED PRESS

Man guilty for Angel's death

MLB. A jury has found a man guilty of murder in the deaths of Los Angeles Angels pitcher Nick Adenhart and two others in a drunken-driving crash. The Orange County jury returned the verdict yesterday against 23-year-old Andrew Gallo after deliberating since Thursday.

The 22-year-old Adenhart, 20-year-old Courtney

Stewart and 25-year-old Henry Pearson died in the April 9, 2009, collision in

THE ASSOCIATED PRESS

Rams' Jackson has groin strain

NFL. St. Louis Rams running back Steven lackson has a groin strain and his availability is day to

The two-time Pro Bowl player broke the news on his Twitter feed after undergoing an MRI exam yesterday, and tweeted that he'd already had two hours of rehab treatment. THE ASSOCIATED PRESS

MLB

AMERICAN LE	AGU	ΙE							
EAST DIVISION									
Tampa Bay New York Boston Toronto Baltimore	93 93 87 81 62	63 64 69 75 94	Pct .596 .592 .558 .519 .397	GB - 1/2 6 12 31	WCGB - 5 ¹ / ₂ 11 ¹ / ₂ 30 ¹ / ₂	5-5 4-6 5-5 8-2 4-6	Str L-2 L-1 W-1 W-5 W-1	Home 48-31 52-29 44-34 45-34 34-43	45-3: 41-3: 43-3: 36-4: 28-5:
CENTRAL DIVIS	ION								
x-Minnesota Chicago Detroit Cleveland Kansas City	92 83 80 66 64	64 73 76 91 92	Pct .590 .532 .513 .420 .410	GB - 9 12 26 ¹ / ₂ 28	WCGB - 91/2 121/2 27 281/2	4-6 4-6 8-2 5-5 4-6	Str L-4 L-1 L-1 W-4 W-1	Home 52-25 40-35 52-29 36-43 35-40	Away 40-31 43-31 28-41 30-41 29-53
WEST DIVISION	ı								
x-Texas Oakland Los Angeles Seattle	W 87 77 75 60	69 78 80 96	Pct .558 .497 .484 .385	GB - 9 ¹ / ₂ 11 ¹ / ₂ 27	WCGB - 15 17 32 ¹ / ₂	5-5 5-5 4-6 5-5	Str L-1 L-3 L-4 W-2	Home 48-27 47-34 40-38 35-42	39-42 30-44 35-42 25-54
NATIONAL LE	AGU	E							
EAST DIVISION									
x-Philadelphia Atlanta Florida New York Washington	W 94 88 77 76 67	63 69 79 79 90	Pct .599 .561 .494 .490 .427	GB - 6 16 ¹ / ₂ 17 27	WCGB 10 ¹ / ₂ 11 21	8-2 5-5 4-6 4-6 5-5	Str W-1 W-1 L-2 W-2 L-1	Home 52-29 53-23 38-39 44-30 40-39	Away 42-34 35-46 39-40 32-49 27-51
CENTRAL DIVIS									
Cincinnati St. Louis Houston Milwaukee Chicago Pittsburgh	W 87 81 74 73 70 55	69 75 82 82 85 101	Pct .558 .519 .474 .471 .452 .353	GB - 6 13 13 ¹ / ₂ 16 ¹ / ₂ 32	WCGB 6 ¹ / ₂ 13 ² / ₂ 14 17 32 ² / ₂	4-6 5-5 4-6 6-4 6-4 7-3	Str W-1 W-2 L-2 W-1 L-1 L-1	Home 45-30 47-28 41-37 40-41 35-46 40-41	Awa; 42-3! 34-4: 33-4: 33-4: 35-3! 15-6!
WEST DIVISION									
San Francisco San Diego Colorado Los Angeles Arizona x-clinched division	88 87 83 76 64	68 68 73 81 92	Pct .564 .561 .532 .484 .410	GB 1/2 5 12 ¹ /2 24	WCGB - 4 ¹ / ₂ 12 23 ¹ / ₂	6-4 5-5 3-7 4-6 6-4	Str W-1 L-1 L-2 W-1 W-2	Home 45-30 44-33 52-27 43-35 40-41	Away 43-38 43-39 31-46 33-46 24-51

NATIONAL LEAGUE

Last night's results
Philadelphia 8 Washington 0
Atlanta 2 Florida 1 (11 ings.)
Milwaukoo at Now York (and

St. Louis 6 Pittsburgh 4

Sunday's results

L.A. Dodgers 3 Colorado 1

Chicago Cubs at San Diego

Washington 4 Atlanta 2 Pittsburgh 9 Houston 3

N.Y. Mets 7 Philadelphia 3

Cincinnati 12 San Diego 2 Arizona 5 L.A. Dodgers 4

(All times Eastern)
Philadelphia (Oswalt 13-13) at Washington
(Marquis 2-9), 7:05 p.m.
Florida (Ani.Sanchez 12-11) at Atlanta
(T.Hudson 16-9), 7:10 p.m.
Houston (W.Rodriguez 11-12) at Cincinnati
(Valenze 4, 2, 3, 10 p.m.

(Volquez 4-3), 7:10 p.m. Milwaukee (Gallardo 14-7) at N.Y. Mets (Niese

9-10), 7:10 p.m. Pittsburgh (Burres 3-4) at St. Louis (Suppan 2-7), 8:15 p.m. L.A. Dodgers (Kuroda 11-13) at Colorado (Francis 4-6), 8:40 p.m.

Chicago Cubs (Dempster 14-11) at San Diego

(Latos 14-8), 10:05 p.m. Arizona (R.Lopez 7-14) at San Francisco

(J.Sanchez 11-9), 10:15 p.m.

NATIONAL LEAGUE

Tonight's games (All times Eastern)

Milwaukee 7 Florida 1 St. Louis 8 Chicago Cubs 7 San Francisco 4 Colorado 2

Milwaukee at New York (ppd., rain)

AMERICAN LEAGUE

Seattle 7 Texas 5 Boston 6 Chicago White Sox 1 Kansas City 10 Minnesota 8 Oakland at L.A. Angels Oakland at L.A. Angels
Sunday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)
Toniaht's ammes

Tonight's games (All times Eastern) Detroit (Scherzer 12-10) at Cleveland (Talbot

9-13), 7:05 p.m. N.Y. Yankees (Sabathia 20-7) at Toronto

N.Y. Yankees (Sabathia 20-/) at Joronto (Drabek 0-2), 7-07 p.m. Baltimore (Bergesen 8-10) at Tampa Bay (Price 18-6), 7:10 p.m. Seattle (F.Hermander 12-12) at Texas (Feldman 7-10), 8:05 p.m. Boston (Lackey 13-11) at Chicago White Sox (F. Larkson 2-7), 8:10 p.m.

(E.Jackson 3-2), 8:10 p.m. Minnesota (Blackburn 10-10) at Kansas City (O'Sullivan 3-6), 8:10 p.m. Oakland (Braden 10-13) at L.A. Angels (Haren 3-4), 10:05 p.m.

WILD CARD

Bo

AM	ERI	CAN	LEA	GU	ΙĿ
					١

	W	L	PCt	GB		VV	L	PCT	G
					San Diego	87	68	.561	
Y Yankees	93	64	.592	-	Atlanta	87	69	.558	0.
					Colorado	83	73	.532	4.
oston	8/	69	.558	5.5	St. Louis	81	75	.519	6.

AMERICAN LEAGUE

BLUE JA	١YS	7, YA	NKEES 5			
New York	ab	r h bi	Toronto	ab	r	h bi

Jeter ss	5	1	1	0	Snider If	3	2	2	0
Swisher rf	4	1	1	0	YEscor ss	2	1	0	0
Teixeir 1b	5	1	2	3	JBautst rf	4	0	0	1
ARdrgz 3b	4	0	0	0	V.Wells cf	4	1	3	3
Cano 2b	4	0	1	0	Overay 1b 3 1 1 0				
Thams dh	4	0	1	0	J.Buck c	4	2	2	2
Kearns If	3	1	2	0	Lind dh	4	0	1	0
Grndrs cf	4	1	1	2	Encrnc 3b	3	0	0	1
Cervelli c	2	0	0	0	JMcDnl 2b	3	0	0	0
Posada ph-c	1	0	0	0					
Totals	36	5	9	5	Totals	30	7	9	7
New York					000 020	300		5	
Toronto 115 000 00x 7									
E-Encarna	cio	n (17). D	P-New You	k 1, T	orc	nt	0

1. LOB—New York 7, Toronto 4. 2B—Snider 2 (20), V.Wells (42), Overbay (36). HR—Teixeira (33), Granderson (24), V.Wells (31), J.Buck (33), Granderson (2 ...) (19), SF—Encarnacion. IP H R ER BB SO

New York						
A.J.Burnett L,10-15	21-3	7	7	7	1	- 1
Albaladejo	12-3	0	0	0	1	(
Moseley	2	1	0	0	1	- 2
D.Robertson	11-3	1	0	0	0	(
Logan	1-3	0	0	0	0	(
Gaudin	1-3	0	0	0	0	(
Toronto						
Rzepczynski W,3-4	5	4	2	2	3	9
Tallet	11-3	4	3	3	0	- 3
Roenicke H,2	1-3	0	0	0	0	(
Carlson H,1	1-3	1	0	0	0	(
S.Downs H,25	1	0	0	0	0	- 2
Gregg S,36-41	1	0	0	0	0	(
T-2:48. A-16,004	(49,5	39)	at To	pronto	o.	

SOCCER

Tomorrow's games (All times Eastern) Philadelphia at Colorado, 9 p.m. Chicago at San Jose, 11 p.m. Saturday's games Toronto FC at Seattle, 3:30 p.m.

Chicago at FC Dallas, 8:30 p.m. D.C. United at Colorado, 9 p.m. Sunday's game

Los Angeles at Chivas USA, 8 p.m.

SPAIN

LA LIGA Yesterday's result Malaga 2 Villarreal 3

PORTUGAL

LIGA

Yesterday's result Setubal 1 Pacos Ferreira 0

GOLF

WORLD RANKING

I MKUUGH SEPI. 26		
1. Tiger Woods	USA	9.0
2. Phil Mickelson	USA	8.5
3. Lee Westwood	Eng	8.
4. Steve Stricker	USA	7.3
5. Jim Furyk	USA	7.0
6. Martin Kaymer	Ger	7.:
7. Paul Casey	Eng	6.3
8. Luke Donald	Eng	5.9
9. Rory McIlroy	NIr	5.0
10. Ernie Els	SAf	5.4
11. Matt Kuchar	USA	5.3
12. Dustin Johnson	USA	4.5
13. Graeme McDowell	NIr	4.3
14. Hunter Mahan	USA	4.3
15. Edoardo Molinari	Ita	4.3
16. Ian Poulter	Eng	4.3
17. Retief Goosen	SAf	4.0
18. Anthony Kim	USA	4.:
l		

NHL

PRE-SEASON

Last night's results Toronto 5 Buffalo 4 Montreal 6 Florida 2 Nashville 2 Atlanta 1

Nashville 2 Atlanta 1
Tonight's games
(All times Eastern)
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minacota at Columbus, 7 p.m. Minnesota at Columbus, 7 p.m. Dallas at Colorado, 9 p.m. Phoenix at Calgary, 9 p.m. San Jose at Vancouver, 10 p.m. Anaheim at Los Angeles, 10:30 p.m.

LEAFS 5. SABRES 4

First Period 1. Buffalo, Stafford 1 (Roy, Leopold) 4:00 (pp) 2. Toronto, Kessel 3 (Phaneuf, Versteeg) 5:45

3. Toronto, Kessel 4 (Bozak, Versteeg) 14:53 Penalties — Tor bench (too many men; served by MacArthur) 3:30; Sekera Buf (delay of

by MacArtmur) 3:30; Sekera Bur (delay or game) 5:00. Second Period 4. Buffalo, Gerbe 1 (Roy, Stafford) 3:38 (pp) 5. Toronto, Kulemin 3 (Grabovski, MacArthur)

8:36 6. Buffalo, Leopold 1 (Roy, Stafford) 15:11 Penalties - Komisarek Tor (tripping) 2:10: Gaustad Buf (roughing), Orr Tor (roughing, goaltender interference) 17:18.

Third Period '. Toronto, Hanson 1 (Orr. Phaneuf) 9:55 8. Toronto, Kulemin 4 (MacArthur, Grabovski)

9. Buffalo, Gerbe 2, 12:08 (PS)

Attendance - 18,096 at Toronto. **CANADIENS 6, PANTHERS 2**

First Period
1. Florida, Booth 3 (Wideman, Weiss) 8:32

(pp) 2. Montreal, Spacek 1 (Eller, Cammalleri)

2. Montreal, Spacek 1 (Eller, Cammalleri)
15:57
3. Montreal, Plekanec 3 (Weber) 18:29 (sh)
Penalties — Subban Mtl (kneeing) 0:47; Frolik
Fla (slashing) 2:34; Ellerby Fla (elbowing)
3:27; Henry Mtl (high-sticking) 8:14; Lapierre
Mtl (holding stick) 13:23; Subban Mtl (crosschecking) 17:38.
Second Period
No Scoring.
Penalties — Duco Fla (hooking) 3:27; Duco Fla,
Whithe Mtl (finshino) 10:11; Maxwell Mtl (finMishite Mtl (finshino) 10:11; Maxwell Mtl (fin-

Penatires — Duco Fla (hooking) 3:27; Duco Fla, White Mtt (fighting) 10:11; Maxwell Mtt (in-terference) 13:22; Henry Mtt (tripping) 15:37; McCabe Fla (holding) 17:16. Third Period 4. Montreal, Pyatt 1 (Maxwell, Weber) 0:44 5. Montreal, Piekanec 4 (Eller, Cammalleri) 3:47 6. Montreal, White 2 (Engqvist) 4:29 7. Florida, Weiss I (Booth, Wideman) 18:07 (pp) 8. Montreal, cammalleri 1 (Eller, Gorges) 19:27

1927

Penalties — McArdle Fla (double roughing),
Pouliot Mtt (roughing) 5:08; Allen Fla (interference) 7:28; Allen Fla (interference) 7:28; Allen Fla (interference) 7:28; Allen Fla (ross-checking), Sub-han Mtl (diving) 1:00:1 puce Fla, White Mtl (game misconduct, fighting), Gudbranson Fla (misconduct, fighting), Gudbranson Fla (misconduct, fighting), Dudonov), Moen Mtl (misconduct, boarding, fighting), Dumont Mtl (fighting) 1:03:08; Regilk Fla (hooking) 14:344; Spacek Mtl (tripping) 17:44.

Shots on goal by

Florida 7 8 6 21

Florida	7	8	6	21
Montreal	12	10	13	35
Goal (shots-saves) - Flor				
0)(22-20), Markstrom (st	art t	hird,	13-9);	
Montreal: Price (W,1-2-0)	(21-	19).	Power	plays
(goals-chances) — Florida	: 2-7	; Mo	ntreal	: 0-8.
Attendance - 21,273 (21,	273)	at N	/lontre	al

NFL

WEEK 3

AMERICAN CONFERENCE

	w	L	Т	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87
SOUTH						
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83
NORTH						
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57
WEST						

3 0 0 1.000 1 2 0 .333 1 2 0 .333 1 2 0 .333 NATIONAL CONFEDENCE

San Diego

TO THE COTT ENERGE										
EAST										
Philadelphia Washington Dallas N.Y. Giants	W 2 1 1 1	L 1 2 2	0 0 0 0	Pct .667 .333 .333 .333	PF 83 56 54 55	62 67 53 85				
SOUTH										
Atlanta New Orleans Tampa Bay Carolina	2 2 2 0	1 1 1 3	0 0 0	.667 .667 .667	77 63 50 32	46 58 59 71				
NORTH										

NORTH						
Chicago Green Bay Minnesota Detroit	3 2 1	0 1 2	0 0 0	1.000 .667 .333	66 78 43 56	51 47 38 78
WEST Seattle	2	1	0	.667	72	57

2 1 0 .667 48 1 2 0 .333 57 0 3 0 .000 38 Arizona 2 1 0
St. Louis 1 2 0
San Francisco 0 3 0
Last night's result
Chicago 20 Green Bay 17
Sunday's results
Atlanta 27 New Orleans 24 (OT)

Atlanta 27 New Orleans 24 (OT) Baltimore 24 (Clevaland 17 Cincinnati 20 Carolina 7 Dialas 27 Houston 13 Kansas City 31 San Francisco 10 Minnesota 24 Detrot 10 New England 38 Buffalo 30 Pittsburgh 38 Tampa Bay 13 Tennessee 29 Nr. Ciants 10 St. Louis 30 Washington 16 Philadelphia 29 Acisonville 3 Seattle 27 San Diego 20 Arizona 24 Oakland 23 Indianagolis 27 Denver 13 NY, Jets 31 Mismir 25

N.Y. Jets 31 Miami 23

CFL WFFK 13

EAST DIVISION

	GP	W	L	Т	PF PA	Pt
x-Montreal	12	9	3	0	388 290	18
Hamilton	12	6	6	0	295 318	12
Toronto	12	6	6	0	243 317	12
Winnipeg	12	3	9	0	331 333	6
MICCE DIVIS	ION					

WEST DIVISION											
12	9	3	0	406 274	18						
12	8	4	0	353 329	16						
12	4	8	0	308 305	8						
12		9	0	224 378	6						
f ber	th.										
	12 12 12 12	12 9 12 8 12 4	12 9 3 12 8 4 12 4 8 12 3 9	12 9 3 0 12 8 4 0 12 4 8 0 12 3 9 0	12 9 3 0 406 274 12 8 4 0 353 329 12 4 8 0 308 305 12 3 9 0 224 378						

Sunday's result
At Moncton, N.B.
Edmonton 24 Toronto 6

WFFK 14 Friday's game (All times Eastern)

Montreal at Calgary, 9 p.m. Saturday's games
Saskatchewan at Toronto, 3 p.m.
Winnipeg at B.C., 10 p.m.
Sunday, Oct. 3
Hamilton at Edmonton, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Suspended Baltimore RHP

Alfredo Simon for three games and fined him
an undisclosed amount for intentionally
throwing a pitch at Jose Bautista in a Sept. 26
game at Tronto. Suspended Baltimore manager Buck Showalter for one game and fined
him an undisclosed amount for Simon's intentional actions following the warning. Fined Toronto RHP Shaun Marcum an undisclosed amount for intentionally throwing a pitch at Baltimore's Luke Scott.

BASKETBALL

DALLAS MAVERICKS—Signed F Brian Cardi-nal, G Dee Brown and G Adam Haluska. GOLDEN STATE WARRIORS—Named Keith

Smart coach. LOS ANGELES CLIPPERS—Signed C Jarron Collins, C Jake Voskuhl, F Marqus Blakely, G Stephen Dennis and G Jon Scheyer.

FOOTBALL

LEAGUE OFFICE—Suspended Miami DT Tony McDaniel one game for violating the NFL's personal conduct policy. ARIZONA CARDINALS—Re-signed WR Onrea Jones. Released CB A.J. Jefferson. Released

Jones, Released CB A.J. Jerierson, Released RB Ian Johnson from the practice squad. BUFFALO BILLS—Released QB Trent Edwards. CHICAGO BEARS—Waived G Johan Asiata. Signed OL Edwin Williams from the practice squad.

squad. JACKSONVILLE JAGUARS—Released DB Michael. Re-signed S Gerald Alexander, TE Ernest Wilford. Waived QB Brett Ratliff from the practice squad. SAN FRANCISCO 49ERS—Fired offensive co-

JANY TRAINCISCU 49EKS—Fired oftensive Co-ordinator Jimmy Raye. Promoted quarterbacks coach Mike Johnson to offensive coordinator and offensive assistant Jason Michael to quar-terbacks coach.

HOCKEY

NHL

BUFFALD SABRES—Returned D Mark Pysyk, F

Corey Flenhage, F Kevin Sundher, F Steven Shiple, F

Corey Flenhage, F Kevin Sundher, F Steven Schlige, D

Jeroma Gauthier-Lediuc and D Mart Macfeorize to

their junior teams. Released G Zane Kalemba,

Jeroma Cauthier-Lediuc and D Mart Macfeorize to

their junior teams. Released G Zane Kalemba,

CHICAGO BLACKHAWIS—Assigned F Evan

Brophey and F Jeff Taffe to Rocdford (AHL). Assigned G Cristobal Heut to HC Fribourg-Gotteron

SA (Swiss National League A).

LOS ANGELES KINGS—Assigned D Andrew Camp
bell, D Johan Fransson, D Alec Martinez and C Go
star Martines (Swiss National League A).

LOS ANGELES KINGS—Assigned D Andrew Camp
bell, D Johan Fransson, D Alec Martinez and C Go
star Ministry Companies (Swiss Martinez Alector)

Jeffer Cump. D Jame Fraser, D Mariam Noreau, D

Nate Prosser, D Jamed Spurgeon and G Mart Haddett to Houston (AHL). Walwelf 2 Fun Di Salvatore, F

Robbie Earl, F Peter Kalus and F Warren Peters.

MONTREAL CANADIENS—Returned F Louis

Leblant to Montreal (QMIHL) and D Larned Finerd

to London (CHL). Assigned E Robe Hayer, D Fred

Dany Masse, F Aaron Palushal, F J T. Wyman, D Sebastien Bissillon, D Marc-Antoline Desnoyers, D

Kyle Kübertanz, D Brendon Nash, D Neil Petruic, D

Bwild Urushart, F Alexander Avits, J Jimmy Bon
neau and F Ian Shultz to Hamilton (AHL).

NASHYILLE REPEATORS—Assigned E Flake Geof
frion to Milwaudee (AHL).

MEW YORK AMIGERS—Assigned G Chad Johnson,

Trion to Milwaukee (AHL).
NEW YORK RANGERS—Assigned 6 Chad Johnson,
D Wade Redden, F Dane Byers, F Evgeny Grachev, F
Kris Newbury, F Dale Weise, F Jeremy Williams
and F Mats Zucarello to Hartford (AHL). Released
D Garnet Exelby, D Brandon Manning and D Alexei

aftor I mats 2 Lict. are into to nartorrol (Art.). Released D Garnet Enelby, D Frandom Manning and D Alexes D Garnet Enelby, D Frandom Manning and D Alexes PHOEMIX COYOTES—Assigned D Jonas Ahnelov, PHOEMIX COYOTES—Assigned D Jonas Ahnelov, PHOEMIX COYOTES—Assigned D Jonas Ahnelov, Wa Matt Beaudoin, G Matt Climin, UM Spart holinweys, C Bracken Kearns, LW Josh Lunden, LW Frett MacLean, G Al Montroya, LW Alexander Picard, LW Blair Riley, D Garrett Stafford, D Michael Stone, D Chris Summers and D Nolan Younnan to San Antonio (AHL). Returned D Brandom Gormley to Moncton (OMM-Stas) granded D Dean Arsene, D Strenan Evens, F Adam Cardcnell, F Graham Mink, F Ryan Reowes, F Brett Sonne and F David Spina to VANCOUVER. AUMIXCKS—Assigned D Nolan Baumyartner, C Mario Bilznak, D Kevin Connauton, D Evan Obers, LW Prab Rai, L Orden GAHL).
WASHINICTON CAPITALS—Signed F Matt Hendricks to a one-year contract. Assigned F Francis Bouchard, D Sean Cillins, F Kyle Greentree, D Grant McKella, D Zach Miskovic and F Brian Willisto Hershey (AHL).

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12

15

25

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38 39

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Crossword

1 Huck Finn's carrie 5 Staff leader? 9 Half a dance 12 Look lasciviously 13 Peru's capital 14 Communal pronoun 15 Aplenty 17 Last (Abbr.) 18 Nitwit 19 Long and lean 21 Aden's land 24 Brewer's oven 25 Smell 26 People on parade 30 Actress Lucy 31 Sweetheart 32 Buck's mate 33 Noted TV documentarian 35 Wild hoa 36 Istanbul resident 37 Redhead's secret? 38 Thorax 40 High-decibel 42 Smack 43 Water sources 48 Hostel 49 Incite

Down

50 Eye layer

51 Sch. org.

52 Privation

53 Gridlock noise

2 Past

3 Winter woe 4 Sore

5 Movie sample 6 A bowl of cherries? 7 Ostrich's cousin 8 Mistaken idea 9 Anticipated

10 Bruce Banner's alter ego 11 Bohemian 16 Heavy weight 20 Fire residue 21 Egg center 22 Falco or McClurg

24 Raw minerals 26 TV alien 27 Curry of NBC News color?

29 Antitoxins

31 Injurious

34 Urban transport

23 Sicilian spouter

28 Horse of a different

39 Suggestion 40 Drags along 41 Change for a five 44 Acapulco gold 45 "— Got a Secret"

47 Potential syrup

37 Islander's home

38 Intel product

13

26

40 41

16

31

43 44

49

52

35 Smear

46 Born

18

34

36

W	1	Ν	S		Α	R	Е		R	Α	S	Р
Α	L	0	Р	Ε	С	1	Α		Е	٧	Ε	R
G	0	٧	Ε	R	Ν	0	R		F	1	L	Е
			W	0	Е		L	0	U	D	L	Υ
Α	S	S	Е	S		С	0	W	S			
S	Н	Е	D		G	0	В	L	Е	Т	S	
Н	Α	G		Ρ	Е	R	Е	S		Ε	W	Ε
	G	0	D	S	0	Ν	S		В	Ε	Α	Т
			0	Τ	L	Υ		0	0	М	Р	Н
С	Α	R	U	S	0		S	Α	М			
U	S	Е	R		G	0	L	F	В	Α	L	L
R	Ε	Ε	L		Ι	Ν	Α	S	Ε	Ν	S	Е
L	Α	D	Υ		С	Α	Р		R	1	D	Е

➤ Yesterday's answer

Sudoku

10

29

28

14

17

32

45 46 47

35

50

19 20

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer 🕨

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy Birthday Boyfriend! It's hard to believe it's already been a year since you turned a 'half a century.' I'm so glad we've spent it together and excited for the ones to come. Je t'adore:)

YOUR SNUGGLEMONSTER

Muffin, I just wanted you to know how much I truly do love you.

YOUR SHNUGGLE-BUNNY

Jenny, LIFE is what you make it and I hope you still want to make a LIFE with Me, Your Pooh Bear Paul, I Love You with all of me after all this time. Forever Yours and Longer PAUL XOXO

Jonathan, you always make me smile every day. happy anniversary! i can't wait to see you today.i love you soooooo much my sweetheart.

6 8 7

1 9

4 7 9

4 3 5 1

3 1 9 6 5 8

5 4 7

9 1 3 2 4 5

1 5 2 7 8 4

3 4 5 8 6 2

9 6 2 3 5

6 8

3 1 6 2 8

look at the weather

TODAY Min 9° Max 17°

WEDNESDAY Min 4° 2 Max 18°

THURSDAY Min 4° Max 20° Michele McDougall
Weather Specialist
"My favourite part is reporting the

3 2 1

4 5 7

8 9 6

9 6 3

1 7 4

6 3 8

weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20

What you are proposing may be in everyone's best interests but for some strange reason certain individuals won't go along with your plan.

¥ Taurus April 21-May 21 If you insist on your plans being perfect before you embark on them then most likely you will never get started. The ideal

moment will never arrive. II Gemini May 22-June 21

Being the contrary person you are vou will take a perverse delight in doing the opposite of what others are expecting of you.

Gancer June 22-July 22 YSo many people are telling you that you are following the

wrong course, but you know what you are doing even if they are too blind to see it. Always listen to your inner voice and always act on what it tells you — especially today.

Ω Leo July 23-Aug.23 You want your ideas to be taken seriously but that will only happen when you are clear in your own mind what it is you believe in.

TV Virgo Aug. 24- Sept. 22 Don't sit around waiting for other people to make you happy make yourself happy by the things that you choose to do.

← Libra Sept. 23-Oct. 23 Everyone seems to be watching you at the moment. You can feel the eyes on your back wherever you go.

M Scorpio Oct. 24-Nov. 22 Do you work harder than ever or do you slow down a bit and enjoy your leisure time? The planets say you should be winding down and giving your mind and your body time to recover from recent exertions

For today's crossword answers and for expanded horoscopes, go to metronews.ca

→ Sagittarius

Nov. 23-Dec. 21 By all means move ahead with a creative project of some kind but do you really need to commit such large chunks of your time and money to it? The planets urge you to keep it simple.

り Capricorn Dec. 22-Jan. 20 You may be incredibly busy at the moment but you must still make time for the things that really matter, such as your family and your romantic relationships.

Aquarius Jan. 21-Feb. 18 It's rare for you to change the way you look at the world, but something will happen today that causes you to question your belief system. Could it be that reality is not what you thought it was? Then what is it? Find out.

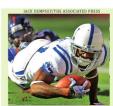
H Pisces Feb. 19-March 20 Try not to get too excited about a money or business matter today, because if you allow yourself to get carried away you could make a costly mistake, one that will only become apparent when the Sun aspects Saturn at the end of the week

SALLY BROMPTON



You WIN! write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.







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+Taxes & other fees (including service charges): \$288

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm. Dec 23 • 1 wk FREE ungrade to oceanfront rm.



JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★

All-Inclusive Standard garden view rm. Dec. 30 • 1 wk.

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DOMINICAN REPUBLIC via Toronto

Punta Cana

Gran Bahia Principe Punta Cana • 4 1/2 ★

All-Inclusive • Junior suite Oct. 2 • 1 wk.

+Taxes & other fees (including service charges): \$326

CUBA via Calgary Santa Clara Royal Hideaway Ensenachos • 5 ★

All-Inclusive Royal spa premium rm. Jan. 8, 15 & 22 • 1 wk.



CUBA via Calgary

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm. Oct. 10 & 17 • 1 wk.

+Taxes & other fees (including service charges): \$226

Iberostar Laguna Azul • 4 1/2 ★

\$829

MEXICO via Calgary

Puerto Vallarta/Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 41/2★

Unlimited-Luxury® Junior suite tropical view with Jacuzzi Oct. 30 • 1 wk.

PRIVILEGES \$999

+Taxes & other fees (including service charges): \$281

All-Inclusive Standard rm Oct. 10 & 17 • 1 wk.

+Taxes & other fees (including service charges): \$226

Ixtapa/Zihuatanejo Krystal Ixtapa • 4★

All-Inclusive • Deluxe rm. Jan 8-29 • 1 wk

+Taxes & other fees

USA

HAWAII | Maui via Calgary

Aston at the Maui Banyan • 3★ Value rate - Hotel rm. standard Nov 13 & 20 • 1 wk

+Taxes & other fees (including service charges): \$145

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Carnival Cruise Lines Carnival Victory®

Southern Caribbean Cruise Flights to San Juan via Toronto Interior stateroom, cat. 4E Jan. 9 • 1 wk.

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All-Inclusive • Standard rm. Jan. 4 • 1 wk.

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Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite Dec. 30 • 1 wk.



+Taxes & other fee (including service charges): \$28



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